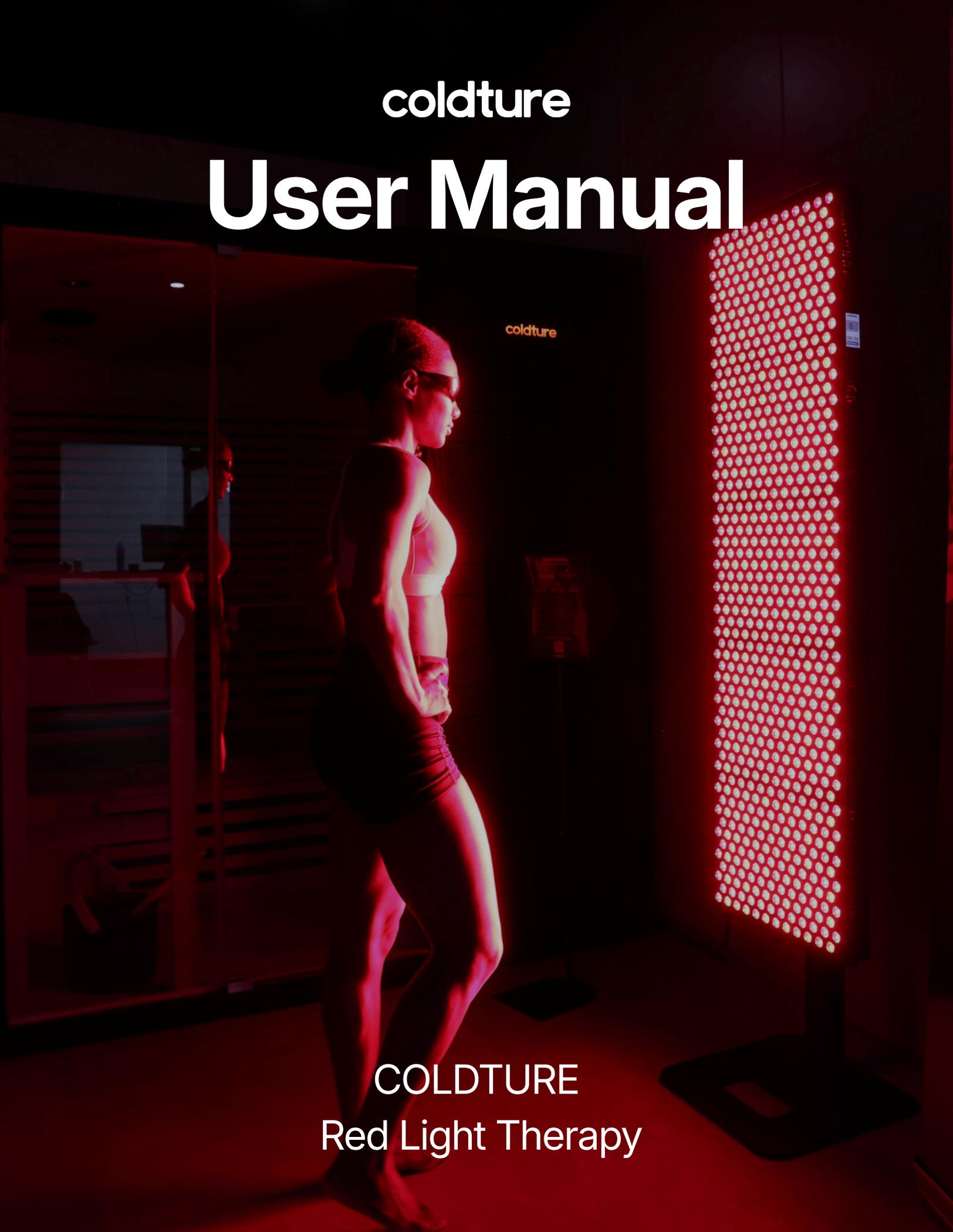


coldture

User Manual



COLDTURE
Red Light Therapy



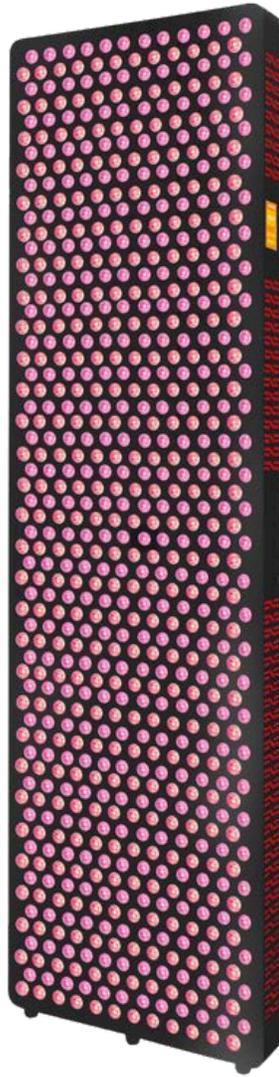
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GETTING STARTED

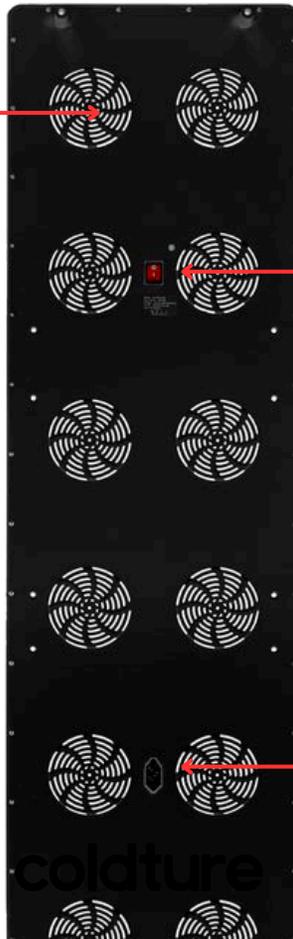


GETTING STARTED



← Touch screen control interface

Integrated cooling system with 12 spiral radiator



Power switch

Power input port

PARTS INCLUDED

- A Red Light Therapy Light:** Included with FOCUS and PRO
- B Door Hook:** Included with PRO
- C Hanging Pully System:** Included with PRO
- D Hanging Pulley System:** Included with PRO
- E Remote Controller:** Included with FOCUS and PRO
- F Protective Eyeglasses:** Included with FOCUS and PRO
- G Power Cord:** Included with FOCUS and PRO

Power Cord Compatibility

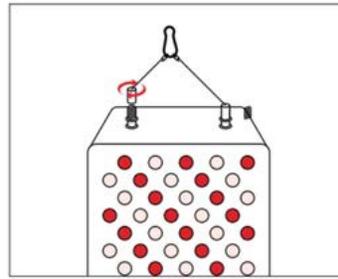
The power cord included with your light panel is designed to match the electrical requirements of the destination country. It will be compatible with the voltage and plug type used in the location where your order is shipped, so you can simply plug it in and enjoy.



INSTALLATION INSTRUCTIONS

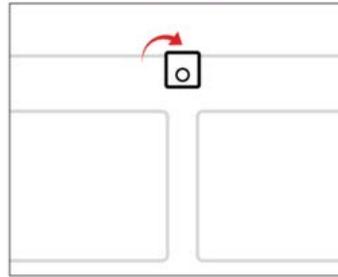
STEP 1

- Turn the face of your towards the scratch-free surface.
- Next, screw in the threaded posts on the top of the device.
- Then, screw the braided cables to the threaded posts.



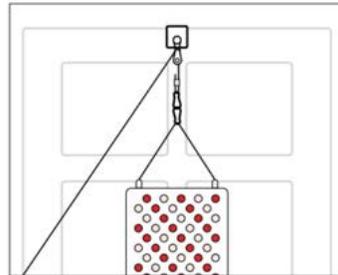
STEP 2

- Hang your device with the help of a hook on any standard sized door.



STEP 3

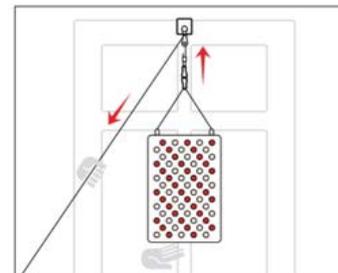
- Hang your red light on a door by connecting the braided cables to the snap link.



STEP 4

- For raising the height of you red light, support the device with your opposite hand and pull

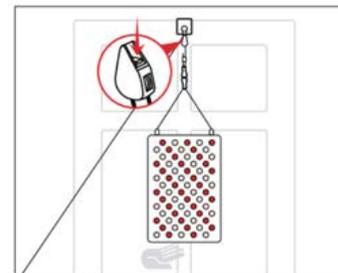
Be sure to adequately support the device while raising and lowering it with the height-adjusting system.



STEP 5

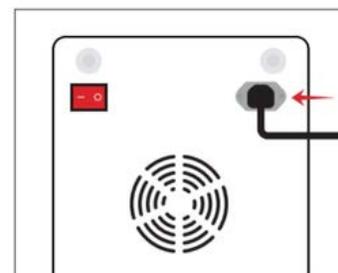
- Push up on the lever on the height adjusting pulley to lower your red light and support the device with your opposite hand.

Be sure to adequately support the device while raising and lowering it with the height-adjusting system.



STEP 6

- There is a male power socket on the backside of the device, insert the power cord into it. Plug the other end into a wall socket.
- Turn the power switch on.



OPERATING INSTRUCTIONS FOR TOUCH SCREEN

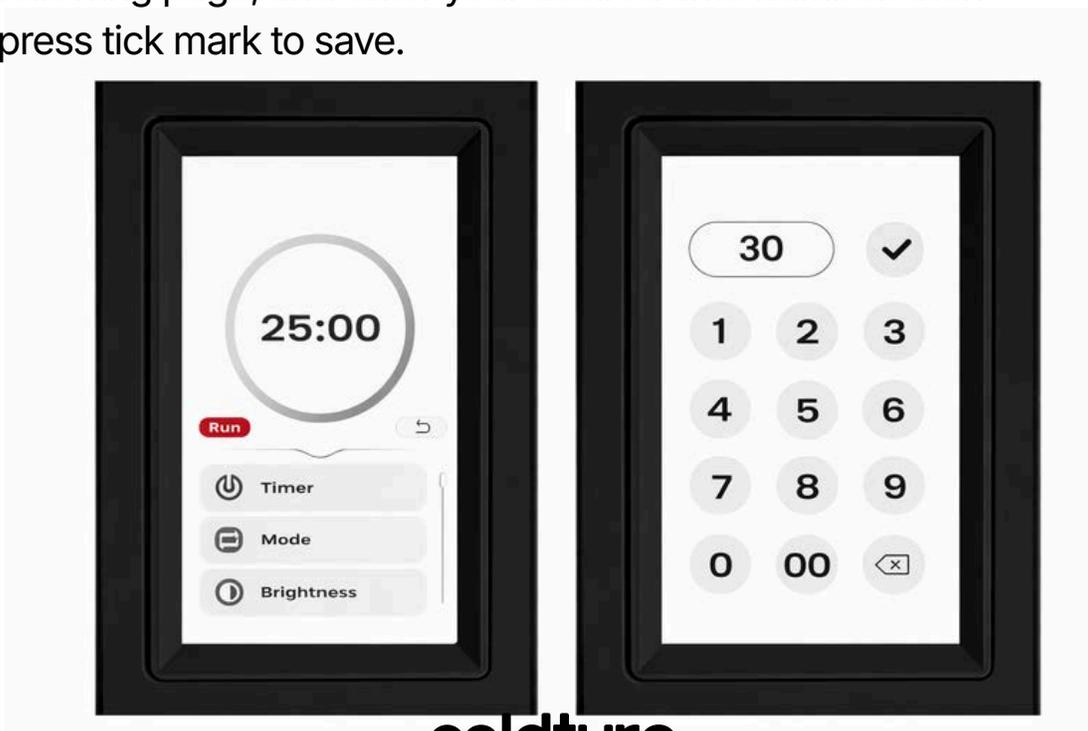
1.Master interface

- 1) Here is the detailed result to show what you have settled for the Timer, Mode.
- 2) Scene: Press it to choose a fixed setting you need (Fat Loss/Skin/ Muscle/Joint Pain/Universal)
- 3) Start/Pause: Press it to turn on or turn off the light
- 4) Setting: Click to custom setting for Timer, Mode, Brightness, Frequency, Group Device, Alarm Clock, Date & Time etc.



2.Slave Interface-Setting

- 1) Timer: It supports 1-30Mins. Two ways for time setting,
 - o Drag the bar on the circle to adjust time
 - o Click the center of circle area, so you will get the following page, and enter your desired time number. then press tick mark to save.



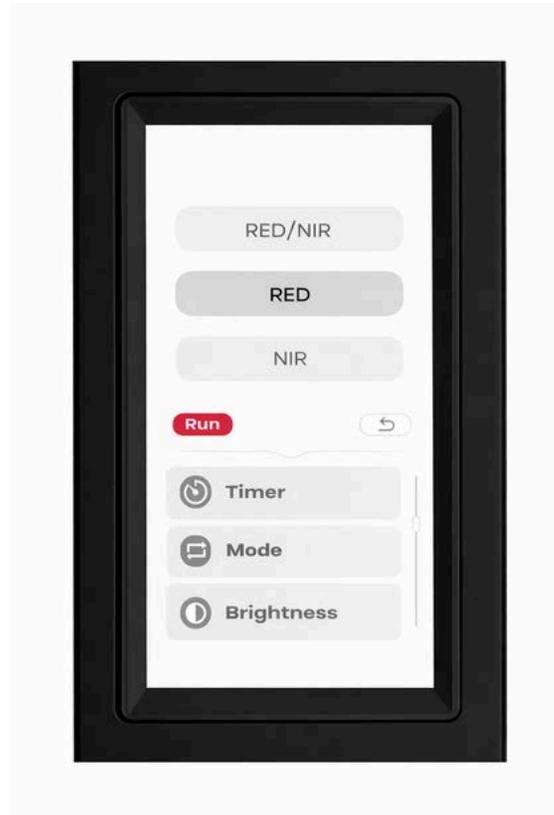
OPERATING INSTRUCTIONS FOR TOUCH SCREEN

2) There are three modes:

RED: 630nm 650nm 660nm 670nm

NIR: 810nm 830nm 850nm 1060nm

- RED & NIR:
630,650,660,670,810,830,850,1060nm



3) Independent wavelength dimming:

It supports 0-100% brightness. Three ways for editing:

- Click the left "-" or "+"
- Sliding adjustment
- Click the %, and enter your desired brightness



OPERATING INSTRUCTIONS FOR TOUCH SCREEN

4) Independent wavelength frequency setting: It supports 0-10000Hz. Three ways for editing:

- a) Click the "-" or "+"
- b) Sliding adjustment
- c) Click the "NULL", enter your desired frequency



5) Group Setting:
Set one panel to "Primary" and the other devices to "Secondary". At this time, all devices are only operated and controlled by the "Primary" device unless you

- press "Close".



OPERATING INSTRUCTIONS FOR TOUCH SCREEN

6) Alarm Clock

a) Choose only once /Repeat everyday

b) Set the alarm time, timer, mode, brightness, pluse

(Tip: The alarm time is the ringing time, which also means that the lighting work has ended.

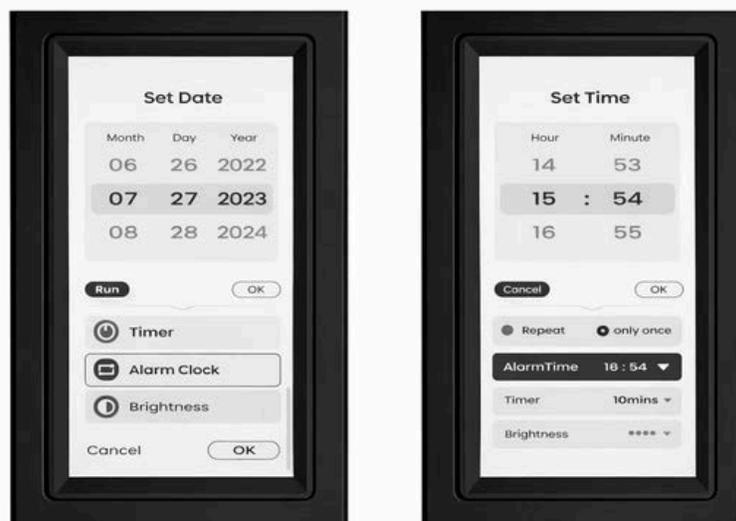
If you set the working time to 10 minutes, it will light up 10 minutes before the alarm rings)

c) Swipe left to turn off the alarm, swipe right to turn on the alarm.

- o d) Default 2 alarm clocks, but it allows to press "+" or "-" to add/delete alarm clock, max 10.



7) Date & Time: Set the date and time for your region.



OPERATING INSTRUCTIONS FOR TOUCH SCREEN

8) Other Setting

- a) Bluetooth: open to connect APP.
- b) Work Alarm: It will "beep" when it has only half of its working time left. It is to remind you to treat different parts of the body.
- c) Volume: The sound of operational actions from 0% 25% 50% 75% 100%.
- d) Screen Brightness: 0% 25% 50% 75% 100%
- e) Factory Reset.

9) About



OPERATING INSTRUCTIONS FOR APP

- 1) Check if you have bluetooth turned on (your phone and device)
- 2) Find the app "INFRALIGHT" on Google Play/APP Store, download and open the app.
- 3) Connect to your device and use it (Check your device's BLE NAME from "Setting-About")



INTRODUCTION

WHAT IS RED LIGHT THERAPY

Welcome to the Coldtuture Red Light Therapy Series. This manual is designed to guide you through best practices for using your device and to provide clear, step by step instructions for safe and effective operation.

Red light therapy involves exposing human tissue to specific red and near infrared wavelengths of light at controlled intensities to support therapeutic benefits.

The Benefits of Red Light

Visible to the human eye as a bright red glow, therapeutic red light typically falls within the 600 to 700nm range. These wavelengths act primarily at the surface of the body and are commonly used to support skin health, including the appearance of fine lines, wrinkles, sun damage, scars, persistent wounds, and acne. Red light therapy is also used to promote a healthy, youthful looking appearance.

The Benefits of Near Infrared Light

Near infrared light operates within the 700nm to 1100nm range and is largely invisible to the naked eye. These wavelengths penetrate deeper into the body's tissues, where they are commonly used to support wound healing, muscle recovery, nerve function, and joint comfort.

Red Light and Cellular Energy Production

Red light therapy, including near infrared wavelengths, is believed to support cellular function through multiple biological mechanisms. One of the primary areas of activity is within the mitochondria, where light sensitive photoreceptors known as cytochrome c oxidase absorb photons from red and near infrared light. This interaction is thought to promote ATP production by facilitating the release of inhibitory nitric oxide, supporting normal cellular processes. ATP, often referred to as the energy currency of the cell, plays a critical role in muscle contraction, nerve signaling, and biochemical synthesis. By supporting ATP production, red and near infrared light exposure may help cells function more efficiently, contributing to improved overall wellbeing.



THE BENEFITS DO NOT STOP THERE

After exposure to red and near infrared wavelengths, nitric oxide, the body's natural vasodilator that widens blood vessels and capillaries, is triggered and released.

After up to 20 minutes of light therapy, blood flow is increased to nerves and other tissues. This increase can last for several hours, circulating anti inflammatory and restorative proteins throughout the body.

The majority of studies researching the benefits of red light therapy have used wavelengths in the ranges of 630 to 680nm and 800 to 880nm.



WHO SHOULD AVOID RED LIGHT THERAPY

Coldtuture red light therapy panels are general wellness devices and are not intended to treat or cure any health condition or disease. Please consult your doctor or healthcare professional before beginning red light therapy.

Within the medical community, red light therapy is regarded as having a strong safety profile, as it does not contain harmful wavelengths that fall into the ultraviolet spectrum. Red light therapy is a relatively recent therapeutic approach and remains the subject of ongoing research.

The following contraindications outline situations or health conditions in which red light therapy may not be advisable or may require medical supervision.

Precaution With Pulsing

When using pulsing, always wear the protective goggles provided. Do not use pulsing if you are prone to seizures or have light sensitivities. Pulsing may cause fatigue, brain fog, or in rare cases epileptic episodes. Avoid exposing your eyes to pulsing light and only apply pulsing wavelengths to the body.

Implants or Medical Devices

Red light therapy is generally considered safe for individuals with implants or medical devices. Always consult your healthcare provider before use.

Pregnancy

While red light therapy is generally considered safe, pregnant individuals should exercise caution. Limited research exists on its effects during pregnancy. Consult a healthcare professional before use.

Hyperthyroidism

(Neck and upper chest only)

Individuals with an overactive thyroid should use caution when applying red light therapy to the neck and upper chest. Light exposure may stimulate the thyroid and worsen symptoms. Consult an endocrinologist before use.

WHO SHOULD AVOID RED LIGHT THERAPY

Skin Cancer

Using red light therapy is generally safe, but there are some important considerations to keep in mind. It's best to avoid directing red light directly to areas with confirmed or suspected cancer as it may unintentionally stimulate blood flow to the affected area. Although some studies suggest that red light therapy may have potential benefits in cancer care, it's crucial to coordinate any complementary therapies with your oncologist to ensure they are safe and compatible with your cancer treatment plan.

Open Wounds, Skin Lesions, or Recent Sunburn

Avoid using red light therapy on open wounds, infected areas, or sunburned skin until healing has occurred. Avoid use on sunburned areas for at least two weeks.

Photosensitivity

Photosensitivity, or heightened sensitivity to light, is one of the primary contraindications for red light therapy. Individuals with conditions that make their skin extremely sensitive to light, such as certain autoimmune disorders or skin diseases like lupus for example, should avoid red light therapy. Photosensitivity can also be part of the temporary side effects of certain medications such as certain antibiotics. Additionally, some medications can interact with red light therapy, potentially amplifying or diminishing its effects. If you are taking any medication with photosensitivity as a potential side effect, it's vital to consult your healthcare provider before starting red light therapy in order to ensure there are no adverse interactions. Since the list of these medications is quite varied, please check with your physician if you are unsure whether your medication causes photosensitivity and whether it may be a concern in regards to red light therapy.

Epilepsy

Many light sources have something called "flicker"

– it's like a quick on-and-off thing that you might not even see. But for some folks with epilepsy, flicker in red light panels can be a problem and could potentially trigger a seizure. The good news is that Coldtury red light therapy panels use no-flicker LED's. However they do include visible red light that can pulse which can cause a strobelike effect. Before using our pulsing feature, please make sure that you do not have any risk of seizures, and if you are not sure, please do not use the pulsing feature, you can simply leave it off. Also please do not allow your eyes to be exposed to the pulsing lights, always wear the protective goggles, especially if using the pulsing feature.

General Precautions

Always check with your doctor or healthcare provider to make sure that red light is a good fit for you. If you are sensitive to light, please stop immediately. If you experience any discomfort, skin discoloration, skin damage, or any other concerns develop, stop use immediately and consult your physician. If you suspect that you have had a negative reaction from using the device, consult your doctor immediately. Be careful of strangulation due to cables, keep away from children. Do not use on infants, or unconscious or sleeping persons.

WHO SHOULD AVOID RED LIGHT THERAPY

Fever or Infection

When you have a fever or an infection, your body temperature goes up. The heat from red light therapy isn't likely to skyrocket your body temperature during a fever. Still, if your fever is seriously high, it's a smart move to consult with your doctor about whether red light therapy is a good idea.

Eye Disease

Since your eyes are super sensitive, we suggest using goggles to shield your eyes while using our devices. If you have an eye condition, please check with your doctor before using red light therapy on or near your eyes.

Skin Colour Variations

For darker skin coloring which lies on the Fitzpatrick skin in type V or type VI scale: Please note that the exact absorption rate of light on darker skin pigmentation is currently being researched and may vary from one person to another. Customers with darker skin tones may experience a higher rate of light absorption, creating a small increase in warmth, compared to what customers with lighter skin tones may experience. A lesser amount of light may reach the deeper tissues as well, but this is yet to be confirmed, and the effect is not expected to be significant.



GETTING ACCUSTOMED TO RED LIGHT THERAPY

If you are new to red light therapy or have never used a red light panel, we recommend that you start slowly, at first using it for 1 to 2 minutes to test your body's response to it. Although red light therapy has an excellent safety profile, certain individuals may have increased sensitivity, even a positive effect can be a little overwhelming for some and cause unpleasant side effects if too much is given too soon. Think of it as going into a cold swimming pool for the first time on a hot day, nothing wrong with getting your toes wet first!

After determining that all is well with the first few minutes of use after a few days, gradually increase your time by one or two minutes a day; keeping in mind that the therapeutic effects for most people will begin at about the 5 minute mark. As you do so, see how your body responds - ask yourself how you feel, are the benefits you are looking for happening. Are you experiencing benefits that can be noticed fairly quickly?

Some benefits can take a little longer to manifest, for example the appearance of a scar, or facial skin rejuvenation so those types of changes of course, do not happen overnight but they can be monitored.

FIGURING OUT DOSING

Red light therapy affects individuals differently. Treatment time and distance from the panel vary based on factors such as health, age, and sun exposure.

If you are new to red light therapy, start with one to two minutes to assess tolerance. Gradually increase exposure by one to two minutes per session. Therapeutic effects for most users begin around five minutes.

Monitor your body's response, including changes in sleep, energy levels, and pain. Some benefits, such as skin rejuvenation, may take longer to appear.

Avoid overuse, as excessive exposure may reduce effectiveness. Make small adjustments to find your optimal usage.

For a methodical approach, consider keeping a journal that records the time of day, your distance from the panel, the settings used, and the duration of each session. Reviewing this information can help you better understand your response to treatment. If you seek guidance from a professional, having these details available can be very helpful.

Do not exceed 20 minutes within a six hour period, as this is the longest duration shown to provide benefit. Treatment time may vary depending on the size of your device. Smaller devices deliver less overall exposure, allowing for more frequent or longer sessions, while larger devices provide higher exposure in a shorter amount of time. The recommended frequency of use is three to seven times per week, with one rest day per week generally advised.

As you continue titrating, or gradually increasing, your dosage, the goal is to determine your optimal protocol in terms of both time and distance from the panel. This process requires patience and consistent use, but it is worthwhile, as individual responses vary significantly due to the many complex factors unique to each body.

Coldtuture panels offer preset modes for different wellness goals to provide convenience. However, preset programs do not replace the importance of gradual, personalized dose adjustment. For individualized benefits, Coldtuture devices include features that allow you to save your preferred settings once you have identified what works best for you.

PULSING

Pulsing is available for users familiar with frequency based protocols. Evidence supporting pulsing benefits remains limited. If used, always wear goggles and avoid eye exposure. Pulsing can be disabled by setting frequency to zero.

Do not exceed 20 minutes within a six hour period. Recommended usage is three to seven times per week with at least one rest day.

THE COLDTURE WAVELENGTHS EXPLAINED

RED AND NIR LIGHT EXPLAINED

The eight wavelengths emitted by Coldtuture panels are 630nm, 650nm, 660nm, 670nm, 810nm, 830nm, 850nm, and 1060nm. These wavelengths are classified into two categories: red light and near infrared light.

Red light is visible to the human eye, with beneficial wavelengths typically found within the 600nm range. These wavelengths are shorter and widely used in research. Red light is more active at the surface of the skin and penetrates approximately 1 to 2 millimetres below the skin's surface. Near infrared light is barely visible to the naked eye, with beneficial wavelengths ranging between 800nm and 1100nm. NIR light penetrates deeper below the skin surface, with some estimates suggesting penetration of up to approximately 2 inches. Due to the challenges of studying living tissue, exact penetration depth may vary. The Coldtuture Red Light Therapy Series provides all eight wavelengths, allowing users to benefit from the range of wavelengths most commonly associated with positive outcomes in research. Most treatment protocols use a combination of wavelengths, pairing the surface level effects of red light with the deeper penetrating capabilities of near infrared light.



THE RED WAVELENGTHS

630nm

Often used to reduce inflammation, enhance collagen production, and address skin concerns such as acne, fine lines, and wrinkles. The 630nm wavelength penetrates the skin at a more superficial level, primarily targeting surface tissues such as the epidermis. This wavelength supports skin focused treatments by helping reduce redness and inflammation while promoting collagen production for anti aging benefits.

650nm

The 650nm wavelength penetrates slightly deeper into the skin, reaching the dermal layer and affecting structures such as hair follicles. It continues to support skin health while also promoting healing and regeneration of deeper tissues compared to 630nm. This wavelength may enhance circulation and is often used for scalp treatments to support hair growth. It can also improve blood flow to the treated area, supporting skin tone and healing of surface level wounds.

660nm

The 660nm wavelength penetrates deeper than 650nm, extending further into the dermal layer. This makes it effective for both skin health and muscle recovery, as well as reducing inflammation. It is commonly used to reduce muscle soreness, joint inflammation, and to accelerate healing in tissues close to the skin. The 660nm wavelength also supports skin rejuvenation by reducing inflammation, boosting collagen production, and enhancing circulation in the upper layers of the skin. It is frequently used for wound healing, fine lines, acne, and general skin rejuvenation.

670nm

This wavelength penetrates slightly deeper than 660nm, reaching approximately 5 millimetres into tissue. It can affect both skin and muscle layers, supporting increased cellular energy production further below the skin surface. The 670nm wavelength may assist with deeper tissue repair, including reducing muscle soreness and promoting joint tissue healing. When combined with other red light wavelengths, 670nm can stimulate mitochondrial function, improve cellular health, and provide additional deeper tissue benefits.



THE NEAR-INFRARED (NIR) WAVELENGTHS

810nm

This wavelength penetrates deeply into soft tissues and muscle layers and may also reach certain areas of bone. It is effective for conditions that require moderate tissue penetration, including musculoskeletal discomfort and joint concerns. The 810nm wavelength is commonly used for wound healing and skin rejuvenation, as it can penetrate sufficiently to support repair of skin and surface level tissues.

830nm

The 830nm wavelength reaches deeper tissue layers, including tendons, ligaments, and deeper muscular structures. This makes it suitable for conditions involving deeper tissue inflammation or injury. It is believed to enhance cellular oxygenation and improve blood flow. Research suggests that 830nm may be particularly beneficial for deeper inflammatory conditions such as tendinitis or arthritis. While it is less commonly used for surface skin benefits, it is often combined with shorter wavelengths to provide a broader range of tissue penetration and support underlying structures that contribute to skin health.

850nm

Known for its deep tissue penetration, the 850nm wavelength reaches further into muscle and joint tissues, making it well suited for treating deeper injuries or chronic pain. This wavelength is associated with cellular regeneration, wound healing, and increased circulation. It stimulates mitochondrial activity, boosting ATP production and supporting cellular energy. The 850nm wavelength is commonly used to reduce inflammation and relieve pain, and is frequently selected for muscle recovery, deeper tissue repair, and joint related conditions such as arthritis.

1060nm

A Breakthrough in Wavelength Innovation

The 1060nm wavelength penetrates deeper than wavelengths in the 800nm range and can reach approximately 4 to 5 centimetres beneath the skin surface. This allows it to affect deeper tissues, including muscle and fat layers. At 1060nm, light may be absorbed more readily by water molecules, which can enhance blood flow and support processes such as fat reduction. This wavelength is commonly used in body contouring applications as well as deeper muscular or adipose tissue therapy. It is often utilized in body sculpting and targeted fat reduction due to its depth of penetration and unique interaction with tissue.



FAQ'S

Do I need eye protection

Protective goggles are recommended. Avoid looking directly into the LEDs.

Why do some lights appear off

Near infrared light is invisible to the human eye. When using NIR only, the panel may appear inactive.

Can Coldtuture lights be used in a sauna

No. Devices are designed for normal room temperatures only.

What do I do if the bulbs burn out?

This is generally not a concern with Coldtuture lights. The LEDs are rated for an expected lifespan of approximately 50,000 hours, which translates to many years of use. Under normal operating conditions, the LEDs should not require replacement during the lifetime of the panel.

what kind of maintenance does Coldtuture Lights require?

Coldtuture lights require minimal maintenance and should be kept in a moisture free environment, out of direct sunlight, and stored and operated at room temperature. Do not place or store other objects on top of the device.

Before cleaning, ensure the device is turned off and unplugged from the power source. Remove the device from any mounting accessories prior to cleaning. To clean the panel body, excluding the lens, use a microfiber cloth lightly dampened with water. Do not spray or apply moisture directly to the device.

Use caution when cleaning around vented slots, LED openings, and any input or output ports to prevent moisture from entering the panel. A microfiber cloth may also be used to clean the protective goggles. Do not use chemical cleaning agents, including alcohol, on the LED lens. Allow the device and goggles to air dry completely before use.



FOCUS | Tabletop Red Light Therapy Panel



DETAILS	
Power Consumption	120W ±10%
Input Voltage	100–240V AC
Working Current	1.67A ±5% at 110V 1.00A ±5% at 220V
Frequency	50 / 60Hz
Wavelengths	8 wavelengths 630nm, 650nm, 660nm, 670nm, 810nm, 830nm, 850nm, 1060nm
Light Density	All: ≥1300W/m ² at 6 inches Red: ≥304w/m ² at 6 inches NIR: ≥1220W/m ² at 6 inches
Pulse	Supports 1–10000Hz with individual wavelength adjustment
Dimmer	1–100% with individual wavelength adjustment
Dimensions	320 × 230 × 65 mm
LEDs	72 dual chip LEDs
Lens	30°
Control Interface	Touchscreen
Remote Control	2.4G remote controller supported
Bluetooth & App	Supported
Flicker	Adjustable per wavelength
Shell Material	Iron
Shell Color	Black
Cooling Fans	Integrated cooling system with spiral radiator
Weight	Gross weight 3.9kg ±0.5kg
Package Includes	Light panel, power cable with plug, user manual, protective glasses
Best For	Targeted treatment

PRO | Full Body Red Light Therapy Panel



DETAILS	
Power Consumption	1200W ±10%
Input Voltage	100–240V AC
Working Current	15A ±5% at 110V 9.7A ±5%
Frequency	50 / 60Hz
Wavelengths	8 wavelengths 630nm, 650nm, 660nm, 670nm, 810nm, 830nm, 850nm, 1060nm
Light Density	All: ≥1400W/m ² at 6 inches Red: ≥362 W/m ² . at 6 inches NIR: ≥1200W/m ² at 6 inches
Pulse	Supports 1–10000Hz with individual wavelength adjustment
Dimmer	1–100% with individual wavelength adjustment
Dimensions	1530 × 420 × 65 mm
LEDs	720 dual chip LEDs
Lens	30°
Control Interface	Touchscreen
Remote Control	2.4G remote controller supported
Bluetooth & App	Supported
Flicker	Adjustable per wavelength
Shell Material	Iron
Shell Color	Black
Cooling Fans	12 cooling fans
Weight	Gross weight 28kg ±0.5kg
Package Includes	Light panel, power cable with plug, user manual, protective glasses
Best For	Full body treatment

RED LIGHT THERAPY PRESETS

OPTIMIZE YOUR TREATMENT FOR MAXIMUM BENEFITS

PRESET MODES & RECOMMENDED SETTINGS

PRESETS	630nm	650nm	660nm	670nm	810nm	830nm	850nm	1060nm	TIMER	PULSE
Wellness	100%	100%	100%	100%	100%	100%	100%	100%	15 min	No pulse
Skin Care	80%	80%	0%	0%	80%	80%	0%	0%	10 min	No pulse
Muscle Recovery	100%	100%	100%	100%	100%	100%	100%	100%	20 min	No pulse
Joint Pain	100%	100%	100%	100%	100%	100%	100%	100%	20 min	No pulse
Pets	50%	50%	50%	50%	100%	100%	100%	100%	20 min	No pulse
Sleep	100%	100%	100%	100%	0%	0%	0%	0%	20 min	No pulse
Fat Loss	100%	100%	100%	100%	100%	100%	100%	100%	20 min	No pulse

HOW TO USE

CHOOSE YOUR GOAL Select the preset that best matches your desired outcome.

ADJUST SETTINGS The device will automatically set the recommended intensity and wave lengths.

RELAX & ENJOY Let the light work while you sit back and experience the benefits.



ELECTRICAL DEVICE PRECAUTIONS

1. Use indoors only. Unplug the device from the outlet when not in use to avoid tripping hazards. Do not unplug by pulling on the cord. Always grasp the plug itself when unplugging from the outlet.
2. If the device overheats, turn it off immediately.
3. Contact Coldtute for servicing or instructions regarding basic repairs.
4. Do not attempt to disassemble the device, as this may cause damage. Only disassemble if specifically instructed to do so by authorized Coldtute personnel.
5. Use of accessories other than those specified or provided by the manufacturer may result in increased electromagnetic emissions or reduced electromagnetic immunity.
6. This device is an electrical appliance. To avoid electric shock, observe the following precautions:
 - a. Do not drop the device into water or liquids.
 - b. Do not wash electrical components with water or liquids.
 - c. Do not touch the device, plugs, or switches with wet hands.
 - d. Do not pull, carry, or lift the device by the power cord.
 - e. If the cord is damaged, do not use the device.
 - f. Do not use the device if it has been dropped, left outdoors, or exposed to water or liquids.
7. Do not use the device on or near heated surfaces.
8. Do not operate the device in environments where flammable or combustible products are present, or where vapours may exist, as this may result in fire or explosion.
9. Before using the device, maintain an appropriate distance from radio frequency sources whenever possible. These sources include, but are not limited to:
 - a. Radio and television stations
 - b. Portable and mobile RF communication devices such as cell phones, two way radios, and base stations
 - c. High frequency surgical units such as diathermy, electrocautery, and argon beam coagulators
 - d. X ray, CT, or MRI equipment
10. These devices may emit higher levels of electromagnetic radiation and can cause interference.
11. Be cautious of equipment malfunction or interference.
12. Avoid using this equipment adjacent to or stacked with other equipment, as this may result in improper operation. If such use is necessary, observe the equipment to confirm normal operation.
13. Portable RF communications equipment, including peripherals such as antenna cables and external antennas, should be used no closer than 30 centimetres, or 12 inches, from any part of the device.
14. Magnetic and electric fields may interfere with device performance. Ensure that all peripheral components operating near the device comply with applicable electromagnetic compatibility requirements. Equipment such as X ray systems, MRI devices, and radio systems may emit elevated electromagnetic radiation.
15. Disposal of electrical and electronic equipment waste must follow local regulations. Disposal requirements vary by location. To learn about recycling or disposal programs in your area, search online for electronic waste recycling or disposal.

coldture